

THE ROLE OF

# Schools

IN PROMOTING PHYSICAL ACTIVITY

## RECESS

Students who get at least

**20** minutes of  
recess per day

have a lower body mass index  
percentile than their peers.

P.E.  
In states with P.E.  
requirements, high  
school girls were active

**37**

more minutes  
per week.

## SAFE ROUTES TO SCHOOL

Students who walked  
to school every day had

**24**

more minutes of  
physical activity  
per day.

ACHIEVEMENT  
Teens who were  
active in school were

**20%**

more likely to  
earn an "A" in  
math or English.

Active Living Research

[www.activelivingresearch.org](http://www.activelivingresearch.org)

# Surgeon General's Call to Action

---

- *Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities*
- [www.surgeongeneral.gov/stepitup](http://www.surgeongeneral.gov/stepitup)



# From the Call to Action – for schools

---

- Implement **Safe Routes to School** or similar walk-to-school programs.
- Provide **daily physical education** for students in grades K-12 and **daily recess** for elementary students.
- Encourage walking opportunities for students and staff as part of **regular classroom activities**.
- Establish formal policies or agreements, such as **shared-use agreements**, to make school facilities available to community residents or to allow schools to use nearby community facilities, such as fields and parks.



# Pop Quiz!

---

First person to stand up and tell me what...

# CSPAP

...stands for – earns a prize!!!!

---



# Comprehensive School Physical Activity Program

---





# Goals!

---



## COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY POLICY CONTINUUM

PHYSICAL EDUCATION CONT'D					
<b>Class Size</b>  Example: South Carolina - Code <a href="#">59-10-10</a>	PE classes shall have a pupil-teacher ratio comparable to that in the classroom context.	PE classes shall have a pupil-teacher ratio comparable to that in the classroom context.	PE classes shall have a pupil-teacher ratio comparable to that in the classroom context.	PE classes shall have a pupil-teacher ratio comparable to that in the classroom context.	Require a report of class size in the school profile or report card.
<b>Waivers/Exemptions</b>  Example: Arkansas - Code <a href="#">6-16-132</a>	Waivers, exemptions, substitutions, and/or pass-fail options for physical education are prohibited. Accommodations will be made for those with medical, cultural, or religious considerations.	Waivers, exemptions, substitutions, and/or pass-fail options for physical education are prohibited. Accommodations will be made for those with medical, cultural, or religious considerations.	Waivers, exemptions, substitutions, and/or pass-fail options for physical education are prohibited. Accommodations will be made for those with medical, cultural, or religious considerations.	Waivers, exemptions, substitutions, and/or pass-fail options for physical education are prohibited. Accommodations will be made for those with medical, cultural, or religious considerations.	
PHYSICAL ACTIVITY DURING THE SCHOOL DAY					
<b>Amount of Physical Activity (outside of Physical Education)</b>  Opportunities for physical activity (PA) may include: Recess, Physical activity breaks, Classroom-based physical activity.  Examples: Nevada – <a href="#">Nevada State School Wellness Policy</a>  North Carolina – <a href="#">NC State Board policy GCS-5-000</a>  Iowa - Code <a href="#">256(11)6</a>	Students shall be provided with at least 20 minutes/day of physical activity, not including time spent in Physical Education. This time may be accumulated throughout the school day.	Students shall be provided with at least 30 minutes/day of physical activity, not including time spent in Physical Education. This time may be accumulated throughout the school day.	Students shall be provided with at least 40 minutes/day of physical activity, not including time spent in Physical Education. This time may be accumulated throughout the school day.	Students shall be provided with at least 45 minutes/day of physical activity, not including time spent in Physical Education. This time may be accumulated throughout the school day.	Require a written physical activity plan to be included in the school profile or report card.
	Note: More detailed policy language for recess, PA breaks, and classroom-based PA can be found in the rows below. Minute allocations for each of these types of PA are meant to be a part of, not in addition to, the minute allocations described in this row.				





## HELP SCHOOLS UNLOCK THE DOORS™

to safe and convenient places for children and families to stay active during non-school hours.



[healthieriowa.com](http://healthieriowa.com)

---



# Healthier Iowa Coalition

---



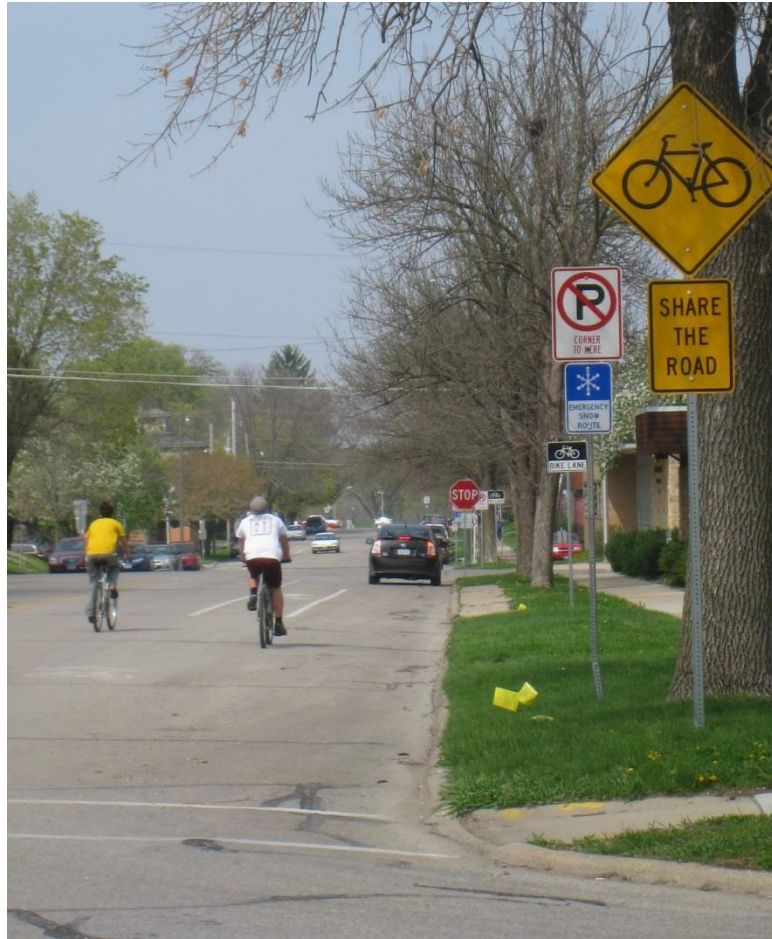
# Pop Quiz!

---



# What a healthy physical activity environment is...

---



Cedar Falls





# From my friend Mark Fenton

---

- We should be physically active.
- But mostly we are not.
- Telling people has not worked.
- Changing the environment can help.
- BUT... changing and maintaining the built environment is “someone else’s job!”



# Safe Routes to School (SRTS) programs work



today, few kids  
actively travel to school

TRAFFIC SPEED AND VOLUME, AND LACK OF  
SIDEWALKS, ARE THE MAIN BARRIERS

compared to 48% in 1969  
13% walk or bike now

among those living within ¼ mile of school  
just 56% walk or bike

kids are more active when walking and biking are safe

AFTER IMPLEMENTING SAFE ROUTES TO SCHOOL PROGRAMS:



OF THE RECOMMENDED 60 MINUTES OF DAILY ACTIVITY:



SOURCES: McDonald NC, et al. (2011). U.S. school travel, 2009: an assessment of trends. *Am J Prev Med*. 41:146-151. Chaufen C, et al. (2012). The safe routes to school program in California: an update. *Am J Public Health*. 102(6):e8-e11. Ahlport RN, et al. (2008). Barriers to and facilitators of walking and bicycling to school: formative results from the non-motorized travel study. *Health Educ Behav*. 35(2):221-244. Timperio A, et al. (2006). Personal, family, social, and environmental correlates of active commuting to school. *Am J Prev Med*. 30(1):45-51. Bassett DR, et al. (2013). Estimated energy expenditures for school-based policies and active living. *Am J Prev Med*. 44(2):108-113. Stewart O, et al. (2014). Multistate evaluation of safe routes to school programs. *Am J Health Promot*. 28(3 Suppl):S89-S96. DiMaggio C and U G. (2013). Effectiveness of a safe routes to school program in preventing school-aged pedestrian injury. *Pediatrics*. 131(2): 280-296.

Learn more about why Safe Routes to School programs work at [activelivingresearch.org/SRTSreview](http://activelivingresearch.org/SRTSreview).



[www.i-walk.org](http://www.i-walk.org)





# Safe Routes to School Community Coalition

---

## Potential Coalition Members

Different communities will find different organizations and individuals ready to be involved. This list is not exhaustive, but is intended to provide ideas for the creation of a well-rounded group that represents a wide range of interests and expertise that are related to SRTS.

### School:

- Principal and other administrators.
- Parents and students, including those with disabilities
- Teachers (physical education or health teachers are a good place to start).
- PTA/PTO representative.
- School nurse.
- School district transportation director.
- School improvement team or site council member.
- Adult school crossing guards.
- Special Education teacher.

### Community:

- Community members.
- Neighborhood or community association members.
- Local businesses.
- Local pedestrian, bicycle and safety advocates.
- Groups representing people with disabilities.

### Local Government:

- Mayor's office or council member.
- Transportation or traffic engineer.
- Local planner .
- Public health professional.
- Public works representative.
- Law enforcement officer .
- State or local pedestrian and bicycle coordinator.



# Walking school bus

---



- <http://iowasaferoutes.org/walking-school-bus/>
- 



# Johnson County

---

- Seven walking school buses. Begin by identifying a parent champion.
- The City of North Liberty extended the walk signal across Highway 965 so that it was safer for students
- Additional bike racks were purchased for elementary schools who took part in the I-WALK project.
- Walking signal lengthened so that residents and students could safely cross the highway.





# Buchanan County

---

- School bike route
- The school campus added trails
- Redirected flow of traffic on the campus
- The City of Independence has revisited its policy regarding sidewalks in new construction areas
- Bike racks have been installed
- A church walks their religion classes from school each week.
- A bike rodeo has been held for Independence 3rd graders. Students attending the Bike Rodeo receive a new bike helmet, and flashing reflectors to attach to their bicycle or to themselves. In addition, any elementary student in need of a bike may request one from a local church. The church received funding from a community foundation to provide this service.



# From the Call to Action – for schools

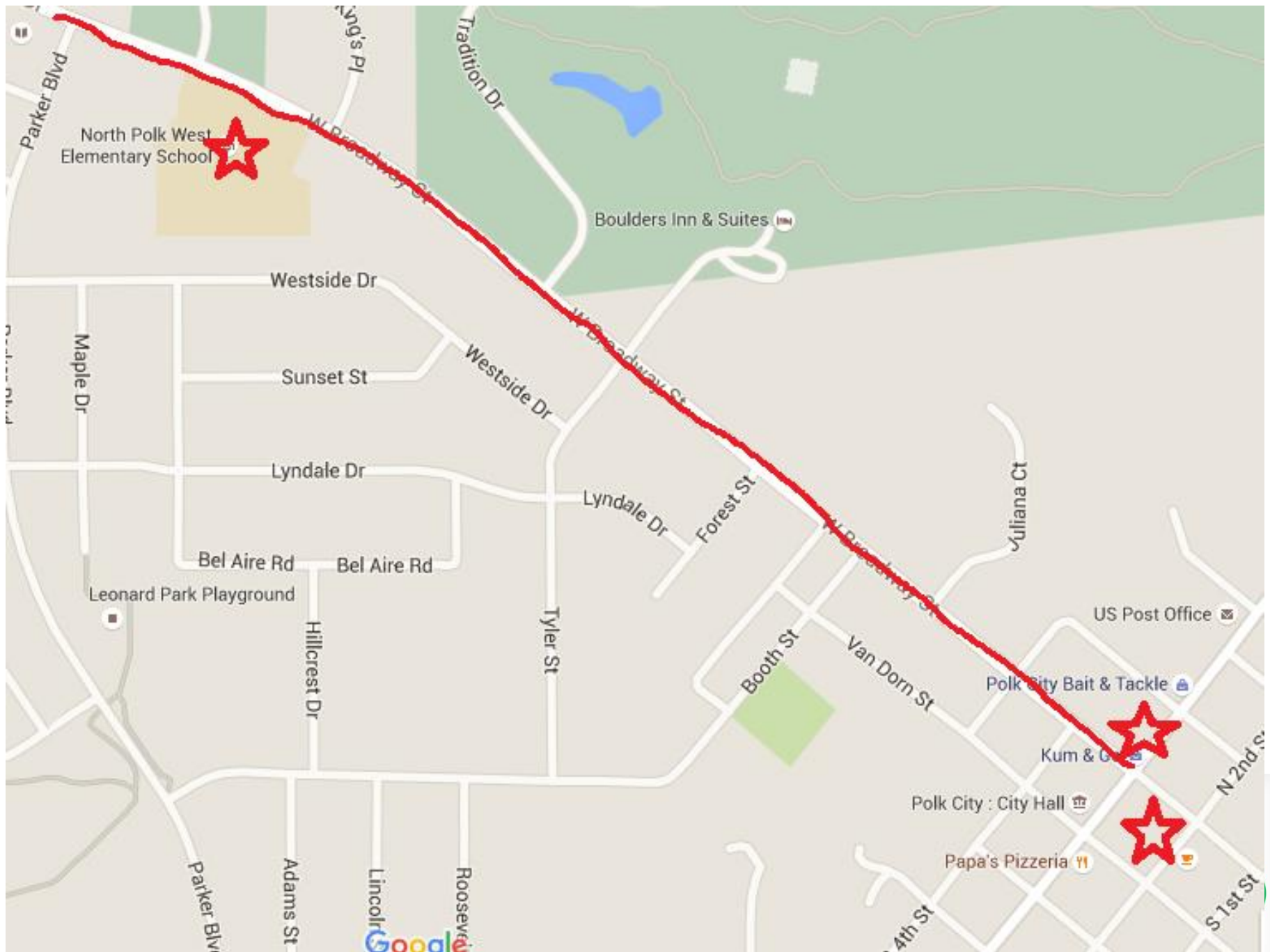
---

- Implement **Safe Routes to School** or similar walk-to-school programs.
- Provide **daily physical education** for students in grades K-12 and **daily recess** for elementary students.
- Encourage walking opportunities for students and staff as part of **regular classroom activities**.
- Establish formal policies or agreements, such as **shared-use agreements**, to make school facilities available to community residents or to allow schools to use nearby community facilities, such as fields and parks.









- 
- **Sarah Taylor Watts**
  - Physical Activity Coordinator
  - Iowa Department of Public Health
  - 515-242-6709
  - [Sarah.taylorwatts@idph.iowa.gov](mailto:Sarah.taylorwatts@idph.iowa.gov)
- 

